



# NH Opioid Prevention Project (NH OPP)

*funded by SAMHSA Rural Opioid Technical Assistance (ROTA) grant #T1083274*

# Overview

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- Goal: Build upon existing opioid prevention infrastructure in NH through engaging in partnership with the **State Opioid Response Team** to increase community level opportunities to engage in prevention activities such as the Chronic Pain Self-Management Program, online education and skill building for parents, and training for healthcare professionals on prevention of opioid misuse and alternative pain management strategies for patient populations.
- 3 approaches to meet this goal:
  - Deliver
  - Implement
  - Strengthen
- Funding for 2 years







# Our Partners

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University of New Hampshire Institute of  
Health Policy and Practice

NH Department of Health and Human  
Services (DHHS)

Bureau of Drug and Alcohol Services (BDAS)

Bureau of Elderly Adult Services (BEAS)

JSI Research & Training Institute, Inc. (JSI)

Southern NH Area Health Education Center  
(SNHAHEC)

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# DELIVER

Increase UNHCE and partner organization capacity to deliver the CPSMP in rural communities through in-person and online workshops - increasing participant knowledge and skills in alternative pain management strategies as well as proper use of medication



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Approach 1





# Chronic Pain and High-impact Chronic Pain Among U.S. Adults, 2019

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- In 2019, **20.4% of adults had chronic pain** and **7.4% of adults had chronic pain that frequently limited life or work activities** (referred to as high impact chronic pain) in the past 3 months.
- The percentage of adults with chronic pain and high-impact chronic pain increased as place of residence became more rural.

(<https://www.cdc.gov/nchs/products/databriefs/db390.htm>)

# Chronic Pain Self-Management Program (CPSMP)

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- Workshop consists of 6 sessions delivered weekly
  - Each workshop is 2.5 hours
  - Small group of 8-12 participants managing chronic pain
- Requires 2 leaders, co-facilitation model, Experience of Chronic Pain
- Classes are highly participatory, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.
- Community settings such as senior centers, churches, libraries and hospitals (as well as Virtual options)





# CPSMP Workshop Content

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## **In this workshop, participants will:**

- Discover problem-solving strategies to deal with fatigue, pain, frustration, isolation and poor sleep
- Uncover physical activities for maintaining and improving strength, flexibility, endurance
- Learn how to pace activity and when to rest
- Discover the importance of good nutrition in pain management
- Improve communication with your family, friends and health professionals
- Understand appropriate use of medications and how to evaluate new treatments
- Benefit from the support and encouragement from others also living with chronic pain



# CPSMP Efficacy

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- The research studies found that, on average, people who have participated in the CPSMP have:
  - ✓ more vitality or energy,
  - ✓ less pain,
  - ✓ less dependence on others,
  - ✓ improved mental health,
  - ✓ more involved in everyday activities,
  - ✓ more satisfied with their lives
- The program has also been delivered and evaluated across 10 pain clinics in Ontario, Canada. Evaluation of the program found it to be beneficial for participants in terms of coping skills, education, and overall quality of life.









# IMPLEMENT

Increase healthcare provider knowledge about the benefits of CPSMP and alternative pain management strategies through a Project ECHO learning experience - increasing skills in addressing patient chronic pain needs through low-risk strategies preventing possible opioid misuse

## Approach 2



# Chronic Pain Self-Management ECHO

A close-up photograph of a person's hand holding a red stethoscope. The hand is positioned over a white lab coat, and the stethoscope's chest piece is visible at the bottom. The background is a soft-focus white.

## Overview

**Goal:** Increase healthcare provider knowledge about the benefits of CPSMP and alternative pain management strategies to increase skills in addressing patient chronic pain needs through low-risk strategies preventing possible opioid misuse.

**Partners:** New Hampshire Opioid Prevention Project at the University of NH Cooperative Extension, UNH Institute for Health Policy and Practice, NH Citizens Health Initiative

# STRENGTHEN

Strengthen online opioid information and education resources for youth, parents, teachers, seniors, community coalitions and healthcare professionals through creation of short videos and tools to be housed on the Partnership for a Drug Free NH website - increasing knowledge and skills of the target population to prevent and address opioid misuse



Approach 3





# Adult Mental Health First Aid (AMHFA)

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**Identify, understand and respond to  
adults in a mental health or  
substance misuse crisis**

# Community First Responder Program

- Funded by a SAMHSA Regional Rural Opioid TA grant- 2 yrs
- URI is lead organization- UNH Extension has subaward
- Creating access to online education module designed to educate the public on how to respond to an opioid overdose and use Narcan/Naloxone
- After completion of online module- participant can receive a free Naloxone kit through the mail
- Increases education/access to Naloxone-reduces barriers to accessing life saving treatment
- Endless opportunities for collaboration with UNH and community partners
- Save the date: Friday, April 21st, morning events at UNH Durham







# Thank you!

If you have any questions or are seeking more information, please contact:

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